

CERTIFIED NUTRITION SPECIALIST®

Supervised Practice Experience (SPE) Program



DISCLAIMER: This program is not affiliated with the Board for Certification of Nutrition SpecialistsSM or the Certified Nutrition Specialist® credential. To ensure that any training or supervised practice program meets the CNS® requirements, please visit <https://theana.org/certify/CNScandidate>

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CNS SPE Program

Certified Nutrition Specialist Supervised Practice Experience Program

This supervision program is designed to help individuals gain the supervised practical experience that is required for the CNS designation. The CNS Supervised Experience Competencies are described on the [Board for Certification of Nutrition Specialists](#) website.

This program is not affiliated with the Board for Certification of Nutrition SpecialistsSM (BCNS) or the Certified Nutrition Specialist® (CNS) credential. To ensure that any training or supervised practice program meets the CNS requirements, please visit <https://theana.org/certify>.

Prepare for Board Certification

This program is specifically designed to prepare individuals to pursue board certification in nutrition as a Certified Nutrition Specialist (CNS). The Board for Certification of Nutrition Specialists (BCNS) requires 1,000 hours of documented supervised practice experience (SPE), along with meeting the educational requirements and passage of the CNS examination, to attain the CNS credential.

According to the BCNS, the objective of the CNS credential is to demonstrate that the individual has the advanced knowledge and clinical experience suited for the practice of science-based clinical nutrition.

The Certified Nutrition Specialist (CNS) is a nationally recognized credential and the gold standard for advanced nutrition professionals. It is listed by the US Department of Labor in the definition of the “Dietitians and Nutritionists” profession in its [Occupational Outlook Handbook](#).

Dr. Ross is a BCNS pre-approved supervisor. She offers supervision for CNS candidates looking to earn all or part of the 1,000 hours of supervised practice experience that the credential requires. Whether you are looking to earn all your hours or only need to fulfill partial hours, Dr. Ross has options that can suit your needs.

CNS SPE Program

Features

Self-Paced

Earn SPE hours at a pace that works for you

Remote

Supervision is conducted remotely and is HIPAA compliant

Rolling Start

Start on a date that works for you

Supervision includes

- Comprehensive Onboarding that is completed within 4 weeks of your start date
- One SPE Planning meeting (60 minutes)
- Group Meetings/Grand Rounds: 60-minutes per week
- Individual Meetings: Two 15-minute meetings per month
- Virtual support (to ask questions between meetings)
- Feedback and/or recommendations for client care, as needed
- Suggestions on resources for clinical care and professional education and growth
- Monthly review of SPE Hours Tracker
- Review of Personalized Nutrition Case Study Report or SOAP notes until a minimum of five have been reviewed. Additional review may be required.
- Observation of three (3) consultations virtually. Additional observations may be required.

SPE Planning Meeting

"If you don't know where you are going, any road will get you there." ~ Lewis Carroll

Without a clear destination or goal, any path you take will lead you somewhere else, not necessarily where you want to be. Therefore, we will spend some time at the start planning for your SPE.

Group Meetings/Grand Rounds 60-minutes per week

The group will meet one (1) time per week for 60 minutes via video conferencing on our HIPAA compliant platform. Collaboration is an important aspect of your nutrition career, so the time spent in the group will prove to be very valuable. During each meeting, up to three (3) candidates will present cases or bring challenging cases to the group for discussion. A schedule of presenters will be set.

Individual Meeting: 30 minutes every month

Candidates will meet with Dr. Ross individually twice monthly for 15 minutes. This time is used in a variety of ways, including to discuss any challenges or concerns about a case before presenting recommendations to a client, general clinical questions, practice management, etc.

CNS SPE Program

The Basics

- Space is limited to 8-10 candidates per month and is determined on an application basis and availability.
- A minimum of a 4-month commitment is required.
- The start date is on a rolling basis based on availability.

Clinical Sites

Candidates will secure their own practice venue(s) or continue their self-initiated internship experience(s), utilizing Dr. Ross for supervision. The clinical experience will take place at the candidate's place of employment or internship. Some options may include:

- Individual clinical work, either working for yourself or another healthcare provider (consulting as a nutrition professional)
- Group clinical work (weight loss groups, diabetes management groups, etc.)
- Educational programs in the community (lunch and learn, webinars, cooking demonstrations, grocery store tours, etc.)
- Partnering with colleagues and other professionals (DC, MD, PA, NP, etc.)

Access to client information

The BCNS requires that all candidates disclose to their clients that they are under supervision and may discuss the client's care with the supervisor.

Through our HIPAA-compliant platform, the client's chart, intake forms, labs, and other documentation (i.e., SOAP notes) must be uploaded and available to the CNS Supervisor and will remain as part of your SPE record.

Eligibility Requirements

Completion of the SPE Application is required.

Dr. Ross provides supervision to those who have completed the education required by the BCNS for the CNS credential. If a candidate has not yet met these requirements, they are welcome to apply for the future date on which these requirements will be met.

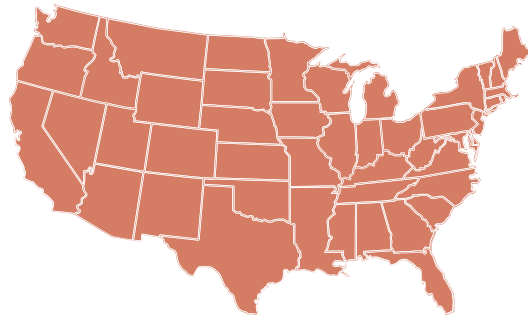
Individuals must hold one of the following from a regionally accredited institution:

- Master of Science in the field of nutrition, OR
- Doctoral degree in the field of nutrition, OR
- Doctoral degree in a field of clinical healthcare (including, but not limited to, MD, DO, DC, DDS, Doctor of Nursing, ND, or PharmD) AND a minimum of nine semester credit hours in nutrition application/skill courses, six semester credit hours in biochemistry, three semester credit hours in anatomy and physiology, and 12 additional semester credit hours in clinical or life sciences.

CNS SPE Program

Other Details and Expectations

- Candidates are required to carry professional liability insurance to participate in this program. The BCNS provides a list of possible insurers.
- Candidates will adhere to all HIPAA rules and regulations, including the manner in which details about a client are communicated to Dr. Ross.
- Candidates will record their clinical hours and time spent under supervision using the BCNS SPE Tracking Tool.
- Professionalism is a key competency of the BCNS. If at any time a candidate displays unprofessional behavior or conduct, Dr. Ross reserves the right to terminate supervision immediately and may report this concern to the BCNS.
- Candidates are not limited to earning their supervised practice experience under Dr. Ross's supervision alone. Multiple supervisors are allowed and often encouraged to ensure they are meeting all the core competencies.
- Accounting for hours retroactively is not allowed. Candidates will begin tracking their hours on the effective start date of the supervision provided by Dr. Ross.



Licensing Laws and Regulations

Based on current licensing laws and regulations (as of January 7, 2025), Dr. Ross cannot see clients from or supervise candidates living in the following states:

Alabama	Kansas	Missouri	North Carolina*	South Dakota
Delaware	Maryland	Montana	North Dakota	Tennessee
Iowa	Mississippi	Nebraska		

*Though listed as a "green state", licensing limitations exist that prevent Dr. Ross from seeing clients here.

Licensing laws vary from state to state and are subject to change. It is each candidate's responsibility to be sure they are complying with the state laws before practicing nutrition and applying for this supervision program. Review state laws at The Center for Nutrition Advocacy website. It is expected that all candidates will regularly review the information on the BCNS website to know their responsibilities as CNS candidates.

CNS SPE Program

Pricing

Program Cost	Total Amount*	Monthly Installments**
4-Month Program	\$1500	\$350
8-Month Program	\$2700	\$325
12-Month Program	\$3700	\$300

* The total amount includes the required non-refundable \$100 deposit to secure a spot for supervision and for Dr. Ross to complete all the necessary paperwork for the BCNS. The \$100 deposit is due at the time of enrollment to the program. You will have the option to pay in full, if you wish, but this is not required.

**Monthly installments for the SPE Program are due on the 1st of each month and will be processed automatically with the payment method on file through the length of your chosen program.

CNS SPE Program

FAQs

How much time do I need to devote to SPE?

The completion of hours for the SPE is flexible and completely in your control! Here are some guidelines to help with planning your time:

Approximate Time	3 Months	6 Months	9 Months	12 Months
30 hours/week	~360 hours	~720 Hours	~1080 hours	N/A
20 hours/week	~240 hours	~480 hours	~720 hours	~1000 hours
10 hours/week	~120 hours	~240 hours	~360 hours	~480 hours
5 hours/week	~60 hours	~120 hours	~180 hours	~240 hours

Keep in mind that this is flexible and you are likely to have variations in your hours from week to week. As you work on the SPE, you are encouraged to also allot for vacation and holidays!

Can I work with clients across the US?

Unfortunately, no. There are some limitations due to state laws and regulations. Please familiarize yourself with the laws and regulations of the state you live in as well as the state the client lives in. The laws apply to both. In some states, it is **ILLEGAL** to provide nutrition care without the required credentials or licensing. The [ANA website](#) is a nice starting place, but all candidates should be familiar with their state's regulatory boards.

Could you let me know when individual and group meetings are being held?

Meetings are held Monday-Friday during normal business hours (Eastern time zone). Group meetings will be set at the same time each week for a minimum of 3 months.

CNS SPE Program

FAQs

Do I need to find my own clients?

Yes! The SPE is a time for building your clinical practice! You are encouraged to recruit family and friends, friends of friends, etc. especially as you get started (as they are good for practicing your skills and working out any “kinks”!) Ultimately, you should be aiming for building your clinical practice, which will include marketing efforts. The BCNS does not have any restrictions so your clients can be paying or non-paying—the choice is up to you.

I have found that over the many years of providing supervision, it is nice to offer your services complimentary to some family and friends to help get you started. Truly, you will want to have some practice running your consultations and making recommendations. It is easier to have this learning process occur with people who can be more patient and forgiving! Once you are comfortable with your process, consider a nominal or discounted fee while you are still under supervision and gaining clinical experience.

~Dr. Ross

When can I start the program?

The program has a rolling start date. As long as Dr. Ross has openings and you have been accepted to the program, you can start any time.

How do I apply?

It's easy! Visit <https://l.bttr.to/bLtgM> to schedule a Discovery Call with Dr. Ross and complete a short application.